What is Ankylosing Spondylitis (AS)?
Ankylosing spondylitis or AS, is a form of arthritis that primarily affects the spine, although other joints/tendons can become involved. It causes inflammation of the spinal joints (vertebrae) that can lead to severe, chronic pain and discomfort.

Severity varies significantly from person to person. In more advanced cases, this inflammation may lead to ankyloses (new bone formation) in the spine, causing sections of the spine to fuse in a fixed, position.

Typically, symptoms start to appear in late adolescence or early adulthood (ages 17 to 45), though they can occur in children or start much later in life.

Ankylosing Spondylitis can lead to severe chronic pain and discomfort

How is AS treated?
AS is managed with medication and lifestyle changes.

Regular exercise and good postural habits are the most important things you can do to keep your spine as mobile and healthy as possible.

Specific mobilizing and strengthening exercises help to maintain movement and strength, especially through the spine. Exercises performed in warm water (hydrotherapy) can also be beneficial for pain relief, mobility and strength.

What does the Ankylosing Spondylitis Course offer?
The 6-week course aims to help you manage symptoms of your AS with exercise.

Over the 6 sessions you will be guided by physiotherapists through various forms of exercise - all with aim of assisting you with pain relief, improving/maintaining your spinal mobility, strength and general fitness and function.

We work with you to develop an exercise plan to meet your needs.
Ankylosing Spondylitis Course
Caulfield Community Health Service

We discuss management of the condition, including importance of good posture, back care, relaxation and leisure pursuits and forms of pain relief.

The program includes both gym based and pool based (hydrotherapy) exercises.
To support the program, we have speakers from AS VIC (peer support group) and Musculoskeletal Australia. An information session with a Rheumatologist is also provided.

Who can come?
No age restriction.
Fees: $180 +assessment fee

If you have any questions, call the team

How can I access the service?
Referrals can be made by yourself, your doctor or health care professional by contacting Caulfield Access. If you are 65 or over, the referral needs to be made via My Aged Care - 1800 200 422

Do fees apply?
At CCHS, fees apply to our services. Fees are set in line with government guidelines and are based on your income. When you call us, fees will be explained and discussed with you. If you are concerned about fee affordability, please let us know.

Caulfield Community Health Service
Gate 2, Ashley Ricketson Centre (Building 22)
260 - 264 Kooyong Road,
Caulfield VIC 3162

Monday - Friday
8:30am - 5:00pm

03 9076 6666

Car parking is via Gate 2 (fees apply). Limited street parking is available.

Further Information
Caulfield Community Health Service
alfredhealth.org.au/services/caulfield-community-health-service
Alfred Health
alfredhealth.org.au

If you would like to provide feedback or request a copy of this information in a different format, contact us at patient.inform@alfred.org.au